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NOT QUITE. BUT A NEW BOOK ARGUES THE '90S SKIN FLICK WAS LESS HORRIBLE THAN CRITICS SAID

# 'I abducted your girls'

After kidnapping nearly 300 teenage schoolgirls in Nigeria, leader of Boko Haram threatens to 'sell'

# Search still on after deadly Afghan slide

Officials have said it will be impossible to bring up all the bodies

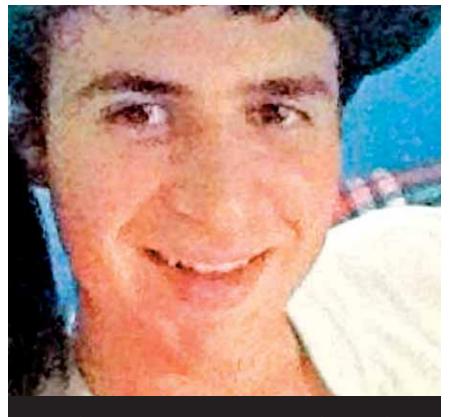
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# ALLEGED ANIMAL KILLER CHARGED

Calgary Humane Society investigators announced charges Monday against Nicolino Ivano Camardi, 19, pictured, related to the vicious starvation and beating deaths of a cat and dog found dead in January in a southeast Calgary alley. The horrific killings prompted widespread outcry for harsher penalties for animal abusers. For the story, head to page 4. COURTESY CALGARY HUMANE SOCIETY

# U of C president signs lucrative new contract

'Top heavy.' Elizabeth Cannon could net more than \$600K annually

Earnings detailed in a new contract for the president of Calgary's biggest university have drawn the ire of a taxpayers watchdog group, which suggests the agreement is "symbolic" of the school's "top-heavy nature."

The terms laid out for Elizabeth Cannon, who took over as president of the University of Calgary in 2010, indicate she could net more than \$600,000 annually in base, incentive and allowance earnings annually and stands to resign from her post in 2020 with additional payout in excess of \$950,000.

Derek Fildebrandt with the

Canadian Taxpayers Federation was quick to question how the university could justify the increased pay at a time when post-secondary budgets have been severely slashed by the province.

"This administration has put emphasis on retrofitting executive offices when there are classrooms in dire need of upgrade and repair ... that same type of thinking now seems to carried over into compensation as well," he said.

But Bonnie Dupont, chair of the institution's board of governors, said the "stakes are higher" for someone holding Cannon's chair than they were in 2010.

"It is the kind of role that very few leaders could perform, and that is to drive us to those Eyes High targets."

Eyes High hopes to boost the U of C into the top five research institutions in the country.

Cannon's latest contract, which comes into effect July 1 and runs to 2020, came with a five per cent hike to base pay, bringing it to \$480,000. She can also earn an additional 20 per cent for meeting certain targets set by the university's board of governors (all told, it could equal \$96,000 next year) and receives \$16,000 for a car allowance annually as well as \$15,000 through an executive and professional allowance.

Cannon also accrues 20 per cent of her pay for each year she serves as president and the total lump sum will be paid out when she leaves the post - if it was to happen in 2020, she's primed to earn in excess of \$950,000 on top of a seniorlevel pension already guaran-

For more, go to metronews. ca. ieremy nolais/metro

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# Households to pay over \$880 more by 2018

Annual taxes and fees. City looking to pay for new infrastructure and pay off old infrastructure debt



ROBSON FLETCHER

If you live in a typical Calgary household, you can expect to pay about \$900 more in taxes and fees in 2018 than you'll pay this year.

That's according to the details of a financial plan for the next four years discussed at city council on Monday. The total figure includes property taxes, garbage and recycling fees, water and wastewater rates, and drainage fees.

The numbers are, of course, estimates and still need to be approved by council each year when it undertakes its annual budgeting process in November. But the figures present the most precise picture yet of what it will cost to keep the city running as it continues to grow.

Calgary's population is expected to reach 1.25 million by 2018 — a growth of 100,000 residents — and some councillors believe that estimate may be on the low side.

All that growth comes with plenty of upfront costs, city staff warned, and Calgary is still grappling with debt from previous infrastructure projects it undertook to accommodate past population increases.

"Council should have, 10 or 12 years ago, realized with the growth factor that infrastructure changes are going to happen," Coun. Ward Sutherland said Monday. "There should have been, really, some budgeting over the years and the money put aside."

Sutherland described the cost increases now facing Calgarians as "scary," and said the impacts on fixed-income and single-income families are "a major concern" for him.

Mayor Naheed Nenshi said there may be relief on one front — water and wastewater rates — if the city negotiates a new cost-sharing deal with developers after the current one expires in 2015.

Nenshi said the "primary



driver" of those rates is capital projects associated with suburban development — some-

thing the city used to pay for entirely on its own but, since 2011, has split evenly with de-

2011, has split evenly with developers.

Still, the mayor said that

amounts to a "sprawl subsidy" and he'd like to see developers cover the full cost. Drainage fees, meanwhile, are expected to nearly double in the next four years under a basic plan and more than double under an "accelerated" plan that city

in this file photo. Fees for wastewater service are expected to rise in the coming years to pay for new infrastructure.

staff have proposed to meet environmental requirements and improve flood resiliency.

"That is the legacy of the flood," Nenshi said. "We've got a lot of work to do to improve stormwater drainage across the city."

### Projected annual increases in fees/taxes

- 2015 Garbage - \$0; recycling -\$2.40; drainage - \$19.92; water/wastewater - \$83.40; property taxes - \$90 Total: \$195.72
- 2016: Garbage \$0; recycling - \$2.40; drainage - \$23.40; water/wastewater - \$90.32;

property taxes - \$96 **Total: \$212.12** 

- 2017: Garbage \$0; recycling - \$2.40; drainage - \$27.72; water/wastewater - \$97.82; property taxes - \$101
   Total: \$228.94
- 2018: Garbage \$0;

recycling - \$2.40; drainage - \$32.64; water/wastewater - \$105.94; property taxes—\$104 Total: \$244.98

- Grand total: \$881.76
- Notes: This is how much more the average household

would pay in 2018 than in 2014 for all these fees/taxes

- For easier year-to-year comparison, this does not include a new fee for organic waste collection and composting, expected in 2017-18, at another 578 per year, net.
- The property taxes are based on a report projecting 5.55 per cent annual increases.
- Council voted late Monday night to ask city staff to come back with a plan for 4.7 per cent increase instead.



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metronews.ca Tuesday, May 6, 2014

# Penbrooke Meadows.

# Estranged husband main suspect in double killing

Police say two women were stabbed to death Sunday while picking up belongings left behind in a broken marriage.

Reporters were told Monday that 29-year-old Fahmida Velji-Visram and an unnamed friend — the estranged wife of the only suspect — had arranged to enter the basement suite of a southeast duplex where the violence erupted.

On Monday, Staff Sgt. Doug Andrus of the homicide unit confirmed it was a domestic case.

"The estranged spouse had moved out of the residence approximately a month ago," said Andrus at police headquarters.

Andrus said officers had been called to the Penbrooke Meadows property on April 9 for reports of a verbal fight.

"There was no indication of a criminal offence — and one of the parties indicated they were leaving the residence," Andrus said.

## Drug abuse

# Advocate seeks systemic change after baby dies

Alberta's child advocate is demanding changes in social services and health care following an infant's death in 2012.

The cause of death for the two-week-old girl was undetermined, but her mother had been abusing prescription drugs while pregnant.

The child advocate found that during her pregnancy, 11 doctors prescribed her nearly 5,000 pills. THE CANADIAN PRESS



The upstairs tenant, identified as a female landlord, was also allegedly stabbed while intervening but only suffered minor injuries.

Andrus said the suspect allegedly fled the scene, was arrested in a car and treated in hospital for self-inflicted injuries related to drinking an undisclosed liquid.

He remained there Monday, according to the last update provided by investigators.

KEN VAN DE WALLE/FOR METRO

# Jayme Pasieka

# Accused in mass stabbing to get psych assessment

A man charged with killing two people and wounding others in a multiple stabbing at a grocery warehouse will receive a private psychiatric assessment.

Defence lawyer Peter Royal also told court Monday that the province has denied legal aid to his client Jayme Pasieka. Royal plans to appeal the decision to Court of Queen's Bench.

Pasieka will return to court on June 9.

THE CANADIAN PRESS



# Accused may see jail time for pet killings

Nicolino Ivano Camardi. Teen charged in starving deaths of dog, cat found in alley



JEREMY NOLAIS ieremy.nolais@metronews.ca

Investigators say a Calgary man accused of the "methodical" starving and abuse of a cat and dog found dead in a southeast alley could be sentenced to five years in prison if convicted.

Early Monday, the Calgary Humane Society announced 19-year-old Nicolino Ivano Camardi has been charged with two counts of willfully causing unnecessary pain, suffering or injury to an animal.

"This appears to be intentional cruelty and not the average abuse case where someone gets really mad at an animal for house soiling or something," said Brad Nichols, the society's head of cruelty investigations. "This was methodical. It was chronic and ended in the animals' deaths."

Court records indicate the accused was also charged in an unrelated March incident, in which he allegedly uttered threats and confined a woman he'd been ordered to have no contact with.

### Reward becomes donation

A reward of \$20,000 was generated by local group Vets To Go, but company president Greg Habstritt said it seems the charges did not result from any tips.

 Instead, the sum will go to the Humane Society's investigations unit.

Charges against Camardi came nearly four months after a Siberian husky was found dead in a Willow Park-area alley on Jan. 9. The following week a cat was found just metres away.

Both animals had tape covering their mouths.

The discoveries spurred rallies and vigils attended by hundreds, with many calling for harsher penalties for abusers.

But at a press briefing Monday, Calgary police urged against any acts of vigilantism.

"We do appeal to the public to have faith in the investigators ... and to let justice prevail in this circumstance," said acting Staff Sgt. Lloyd Soltys.

It's alleged Camardi purchased both animals from a seller on Kijiji two to three months before their bodies were found. As a result, the Humane Society released a photo of the accused in hopes of warning others.



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# **CBE** fees double those charged by Catholic peers

**'Exceptional value.'** CBE hints level of service is behind cost discrepancy



**JEREMY NOLAIS** 

Calgary's public-school parents will be on the hook for twice as much in busing and noonhour fees than those with kids attending Catholic sites in the

The Calgary Board of Education released proposed 2014-15 fee hikes Friday that will bring the annual cost for an elementary student riding the bus to school five days a week to \$330 and to \$280 for five-days-a-week lunch supervision.

By comparison, the Calgary Catholic School District has no plans to raise its fees and currently pulls in \$215 for busing and up to \$80 for supervision — individual schools set the latter amount. As well, the CBE's proposed total \$610 charge was double that sought from parents attending Edmonton Catholic School District sites, where busing fees for elementary students cost \$300 and noon-hour

## Fees gathered per student

Calgary and Edmonton's Catholic boards have yet to publish full draft budgets for the 2014-15 school year, but both cities' public boards have. Metro took the total number both the Calgary Board of Educa-tion and Edmonton Public Schools anticipate generating in fees next year and divided it against the number of students. The resulting figures show the CBE expects to take in \$410 per student in fees next year, while EPSB expects to take in about \$330.

fees aren't collected at all. A spokesperson said there are no plans to raise fees this fall.

Both Catholic boards also offer reduced rates for families with three or more kids riding the bus — the CBE voted to remove their "family maximum" provision in 2011.

Edmonton Public Schools currently charge \$215 for an elementary student to ride the bus and between \$200-300 for supervision depending on the school. Organization spokesperson Jane Sterling said it



wouldn't be clear until early June whether a fee hike was necessary for the coming school

During a briefing Friday, CBE officials urged caution when asked about the discrepancy between its fees and those charged by other boards.

On Monday, the organization added that "it is important to compare the levels of service."

A written statement later added, "The cost of transportation, noon supervision and instructional materials and supplies for a Grade 1-6 students is approximately \$3.46 per day. The CBE believes that students and parents receive exceptional value for that \$3.46.

But trustee Amber Stewart who along with fellow elected representatives will mull the proposed fee hike as part of the CBĒ's draft 2014-15 budget during a meeting Tuesday - said 90 per cent of the parents she's heard from are against the additional charges.

"I've been hearing from many, many parents on this issue, about the affordability for average families," Stewart

## PICs, please?

# One-fifth of CBE employees have never had a police background check: Report

Calgary Board of Education trustees will mull Tuesday whether to conduct police background checks on more than 2,800 employees for the first time and to continue the practice for all workers on a more routine

The Police Information Checks (PICs), as they're formally known, were not mandatory for school-board employees prior to 1999, meaning 2,836 of about 13,000 ČBE employees never underwent such a screening. The process has since become a one-time requirement for employees and a once-every-five-years requirement for school volunteers.

But a group of CBE trustees asked in November for costs associated with screening "grandfathered" employees and moving to a more standard screening practice for all members.

A report from CBE Chief Supt. David Stevenson that was made public Friday says it will cost about \$151,000 to cover the never-screened employees and nearly \$229,000 annually to perform background checks on each employee once every three years.

But trustee chair Sheila Taylor, who has repeatedly voiced support for broader police screening of employees in recent years, said she believes it would be more appropriate to pair the screenings with those for volunteers and conduct them once every half-decade

JEREMY NOLAIS/METRO

# Parent volunteers, teachers can't oversee school lunchrooms

Well-wishing parents with time to spare — and a watchful eye on their household budgets can't serve as official employees in Calgary public-school lunchrooms, according to the provisions laid out in a 14-year-old agreement.

Questions have been raised

recently about whether a different model for keeping an eye on students would reduce the total charged by the Calgary Board of Education for noonhour supervision - a proposed hike released Friday would see the annual cost rise to \$280.

But an agreement reached

in 2000 requires all lunchroomprogram staff to be employees represented by the CBE Staff Association.

Association head Lois Robb said a lack of provincial funding, not the salaries earned by her members, was to blame for rising noon-hour costs. She added that prior to the agreement, working conditions for lunchroom employees were "all over the map." In a written statement, the CBE said if it was to put the supervision responsibility on teachers it would cut into time reserved for other duties. IEREMY NOLAIS/METRO

The cost for five-day-a-week noon-hou supervision this fall at CBE schools is





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metr⊕

# Snowpacks alone not a cause for city flooding

# Still growing.

Snowpack expected to increase further this week with additional precipitation forecast in the mountains

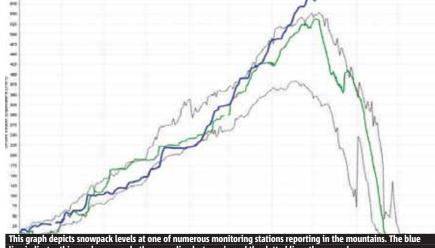


Flood forecasters are keeping tabs on a growing snowpack at many monitoring stations in the mountains upstream from Calgary but say the amount of snow, alone, is not enough to create a repeat of the 2013 flood.

"The snowpack certainly was a contributor but the snowpack by itself cannot cause flooding," Rick Val-darchi, Calgary's river flood mitigation program manager, said Monday. "Really the cause of flooding was heavy, intense rain in 2013."

The fact that the rain fell across a wide, snowy region in the Bow River basin exacerbated the problem, he added, but ultimately it was the sheer volume of precipitation that drove the massive flooding 11 months ago.

Some areas in the watershed saw 300 millimetres of rain in the span of just two days last June, which is as



icates this year's snowpack, the green line last year's, and the dotted lines the normal ranges.

much as the City of Calgary typically sees in an entire year, Valdarchi said.

Alberta Environment and Sustainable Resource Development carries out the snowpack monitoring and while it's one factor that's considered in flood forecasting, department spokesman Jamie Hanlon echoed the fact that snow, on its own, is not cause for con-

"Both snowpack ground saturation do not define a flood, the amount of rainfall does," Hanlon said. "But it can increase the severity of one should enough rain

That's because both factors "decrease the ability of rainfall to soak into the ground during an event, leaving most to runoff directly to creeks and streams," he added.

And while the snowpack is higher than last year at numerous monitoring stations, Valdarchi said it was even higher in 2012, when there was no

The extra snow actually came in handy that year, Valdarchi added, as Calgary needed it for its water supply dur-

'The rain and the intensity of rain and the amount of rain is what caused the problem last year."

Rick Valdarchi, Calgary's river flood mitigation program manager, on the main cause of the 2013 flood

ing a particularly hot and dry

"We depended on that snowpack to provide that supply, at least through the early parts of the summer," he said.



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metr⊕ **NEWS** 

The head of the Alberta Teachers' Association says a proposal to have teachers independently evaluated and disciplined is a "direct assault" on the profession.

Mark Ramsankar says the task report urging the changes is based on flawed reasoning and assumptions.

Ramsankar was sponding to a new task force report delivered to Alberta's Department of Education on improving

teacher performance.

The report says there needs to be regular teacher reviews, done by school principals, to recertify teachers every five years.

It also recommends disciplinary hearings be handled by the Education Department.

The report says the ATA should not be handling those duties, as it does now, because it is a conflict of interest. The canadian press

# Bowden Institution

# Short run to freedom for inmate

An inmate's escape from a central Alberta prison was short-lived.

RCMP say Maurice Rondeau is back in custody at Bowden Institution after a short run to freedom Sunday night.

Rondeau, 64, was un-

accounted for when guards made their rounds around 4:30 p.m.

RCMP Staff Sgt. Chris Matechuk says Rondeau was found by officers with sniffer dogs near a farmer's field at about 10 p.m.

Police say Rondeau, who is serving a three-year sentence for sexual interference, will face additional charges in the escape. THE CANADIAN PRESS

# Education. ATA chief balks at idea of independent evaluation for teachers Redford back in legislature after extended absence



slature in Edmonton. Redford had not been in ince she resigned March 23 in a scandal over lavish spending and

**Politics.** Former premier ducks and dodaes reporters' questions in first appearance since resignation in March

Former premier Alison Redford returned to the legislature Monday for the first time since she quit the top job more than a month ago.

However, in a scrum with reporters, she declined to discuss issues that arose after she left, including her plan while premier to have taxpayers build her and her daughter a lavish penthouse suite on top of a government building.

"I know you all reported on that story within a week of my stepping down," said

"I don't think that anything is gained by continuing to comment on that story, and I have nothing else to add.'

Other issues include Redford taking her daughter on multiple trips, including one to Jasper during the height of last year's flooding in southern Álberta.

Redford deflected answers on those as well, saying she addressed her daughter's travel when the issue of an unrelated trip to Vancouver arose before she stepped down.

Redford then asked reporters: "Do you have anything new or are we done?"

"What went wrong for you in your premiership?" she was

"I don't know if I'm going to spend much time reflecting on that at the moment," she replied. "I certainly, as you know, am in the middle of a transition."

Redford stepped down as premier on March 23, ahead of a reported caucus revolt over opulent spending on herself and her inner circle.

THE CANADIAN PRESS



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# Canadian officer says 'toxic' environment led to desertion

Court martial. Lt. Derek De Jong testifies he left his post aboard HMCS Preserver due to being the target of harassment

An officer in the Royal Canadian Navy who pleaded guilty to desertion testified Monday that he left his post on a ship after he was subjected to deplorable behaviour that included a colleague urinating on his cabin floor.

It. Derek De Jong, 43, told a court martial that while he was wrong to leave his post aboard HMCS Preserver, he was harassed and his commanding officer failed to properly investigate his concerns.

De Jong left the supply



vessel on Sept. 17, 2012, while it was docked in Key

West, Fla., and he returned to Halifax, where he turned

himself in to military police.

### Quoted

"It's not a norm in Canadian society that we treat each other this way." Lt. Derek De Jong

He said there were a series of incidents leading up to his desertion that began in late August that year.

On Aug. 20, De Jong had a conflict with another crew member over the handling of alleged misbehaviour by a female subordinate, he told his sentencing hearing. The next day, a female

The next day, a female officer came into his cabin while he was still asleep, pulled down her pants, squatted and urinated on the floor, he said.

De Jong said he reported the incident to the supply officer and the ship's commanding officer but no formal inquiry resulted. He said a senior officer later joked, "Some men have to pay for a service like that," and a sign was briefly attached to his cabin door that said, "Women's head," a reference to a nautical term for a woman's bathroom.

"I don't think people should have to tolerate this kind of behaviour," De Jong said Monday. He said after the incident

He said after the incident he felt he was working in a "toxic" environment, and he heard second-hand that he was no longer welcome in the wardroom among officers and other colleagues.

THE CANADIAN PRESS

# Kinder Morgan. Oil spill comments taken out of context, company says

Kinder Morgan is on the defensive over a proposal to expand its Trans Mountain pipeline through British Columbia, after the company was ridiculed for saying an oil spill can have positive economic effects.

In its 15,000-page application to the National Energy Board, the company said spill response and cleanup creates business and employment opportunities for affected regions.

The story made headlines and the company was roasted by MSNBC talk show host Rachel Maddow over the weekend.

"Pipeline spills can have both positive and negative effects on local and regional economies, both in the shortand long-term," the company said in its submission to the National Energy Board.

"Spill response and cleanup creates business and employment opportunities for affected communities, regions, and cleanup service providers."

But the reference is taken out of context from a section of the application that looks specifically at the socio-economic effects of a worst-case scenario spill, Kinder Morgan Canada said Monday.

Kinder Morgan is required to analyze both positive and negative effects of a spill in its project application, the company said.

"Let me be clear: No spill is acceptable to me anywhere, any time, for any reason. Spills are not good for anyone. Period," president Ian Anderson said in a statement.

"Regrettably, some have taken a reference from our 15,000-page application to the National Energy Board out of context to suggest otherwise."

The total effect of a spill is negative, Anderson said, and in no way is money spent on spill response a justification for the pipeline.

"Spills are not part of our economic benefits analysis, nor do we in any way say that money spent on spill response would be justification for our project." he said.

The \$5.4-billion expan-

The \$5.4-billion expansion would almost triple the capacity of the pipeline that links the Alberta oil sands to Port Metro Vancouver.

THE CANADIAN PRESS

# Elections

# NDP calls on PM to answer questions about robocalls

The NDP wants Prime Minister Stephen Harper to explain how the Conservative party's massive database wound up being used to send misleading robocalls to voters during the 2011 election campaign, with a motion planned to move Tuesday asking to study the ways the database was used as "a voter suppression tool." THE CANADIAN PRESS

# Opposition

# Compassion demanded for soldier with PTSD

Opposition parties accused the Harper government of breaking its word, demanding the military show compassion for Master Cpl. Kristian Wolowidnyk, who attempted suicide last year and has been put back on the fast-track for dismissal The military backed down when his case became public, but last week reversed itself and said he doesn't qualify to remain in the military. THE CANADIAN PRESS



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# **Boko Haram leader threatens to** sell kidnapped girls in Nigeria

# **National outrage.**

Protesters criticize military, President Goodluck Jonathan for inaction

The leader of an extremist Islamic group in Nigeria is threatening to sell the nearly 300 teenage schoolgirls abducted from a school in the remote northeast three weeks ago, in a new videotape received Monday.

Abubakar Shekau for the first time also claimed responsibility for the April 15 mass abduction, warning that his group plans to attack more schools and abduct more girls.

"I abducted your girls," said the leader of Boko Haram, which means "Western education is sinful."

He described the girls as

"slaves" and said, "By Allah, I will sell them in the marketplace." The hour-long video starts with fighters lifting automatic rifles and shooting in the air as they chant "Allahu akbar!" or "God is

It was unclear if the video was made before or after reports emerged last week that some of the girls have been forced to marry their abductors - who paid a nominal bride price of \$12 — and that others have been carried into neighbouring Cameroon and Chad. Those reports could not be verified.

In the video, Shekau also said the students "will remain slaves with us." That appears a reference to the ancient jihadi custom of enslaving women captured in a holy war, who then can be used for sex.

"They are slaves and I will sell them because I have the market to sell them," he said, speaking in the Hausa language of northern Nigeria.

The video was reviewed by The Associated Press, and both the face and the voice of the leader of Boko Haram were recognizable.

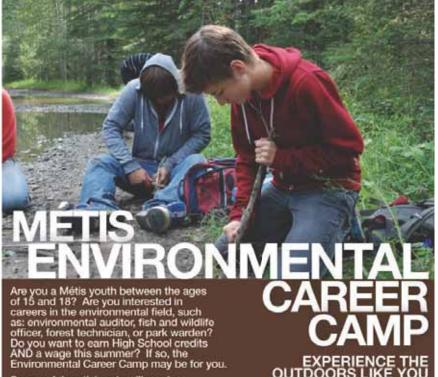
Shekau brushed off warnings that the abductions could be an international crime, saying in English, as if to reach his accusers in the international commun-"What do you know about human rights? You're just claiming human rights (abuses), but you don't know what it is."

The mass abduction and the military's failure to rescue the girls and young women have ignited national outrage with demonstrations in major cities. Protesters accused President Goodluck Jonathan of insensitivity to the girls' plight.

THE ASSOCIATED PRESS



stration calling on the gove nment to increase efforts to rescue the 276 mis school girls of government secondary school Chibok, in Lagos, Nigeria, Monday. SUNDAY ALAMBA/THE ASS



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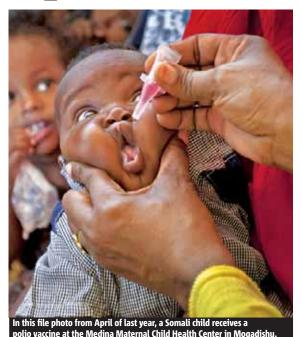
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NEWS 15

# WHO declares spread of polio a public health emergency



For the first time ever, the World Health Organization on Monday declared the spread of polio an international public health emergency that could grow in the next few months and unravel the nearly three-decade effort to eradicate the crippling disease.

The agency described current polio outbreaks across at least 10 countries in Asia, Africa and the Middle East as an "extraordinary event" that required a co-ordinated international response. It identified Pakistan, Syria and Cameroon as having allowed the virus to spread beyond their borders, and recommended that those three governments require citizens to obtain a certificate proving they have been vaccinated for polio before travelling abroad.

"Until it is eradicated, polio will continue to spread internationally, find and paralyze susceptible kids," Dr. Bruce Aylward, who leads WHO's polio efforts, said during a

press briefing. Critics, however, questioned whether Monday's announcement would make much of a difference, given the limits faced by governments confronting not only polio but armed insurrection and widespread poverty.

"What happens when you continue whipping a horse to go ever faster, no matter how rapidly he is already running?" said Dr. Donald A. Henderson, who led the WHO's initiative to get rid of smallpox, the only human disease ever to have been eradicated.

The WHO has never before issued an international alert on polio, a disease that usually strikes children under 5 and is most often spread through infected water.

The vast majority of new cases are in Pakistan, a country which an independent monitoring board set up by the WHO has called "a powder keg that could ignite widespread polio transmission."

THE ASSOCIATED PRESS

# **Greece's Aegean Sea.**Smuggling boats capsize, killing migrants

At least 22 people — including families trapped in a flooded cabin — drowned when a yacht and a dinghy crammed with migrants trying to slip into Greece capsized Monday in the eastern Aegean Sea, authorities said.

Rescue teams led a search for up to seven more people missing, in what was one of the deadliest migrant boat accidents in Greek waters in recent years and the third fatal one this year. Many on board were from war-torn or unstable countries in the Middle East and Africa.

The vessels overturned before dawn off the island of Samos, a favourite destination for migrant-smuggling gangs because it's close to the Turkish coast. The Greek coast guard said it was not immediately clear what caused the overloaded craft to capsize.

Photos showed a dead woman clasping a dead child in her arms inside the yacht, as coast guards hoisted the vessel upright on land with a crane. The ASSOCIATED PRESS

## East Congo

# Soldiers sentenced for mass rapes

A court has convicted and sentenced 25 soldiers accused of carrying out mass rapes in eastern Congo.

In rare convictions handed down Monday, a judge sentenced two soldiers to life in prison, three to 20 years in jail and 20 to 10 years.

Thirteen of those charged were acquitted, with the court citing lack of evidence.

Authorities say at least 135 women and girls were raped in and around the town of Minova in eastern Congo in November 2012. THE ASSOCIATED PRESS



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# **Shooting at VA hospital** in Ohio injures person

**Crime.** The victim, whose identity has not been released, suffered minor injuries

A shooting at a Veterans Affairs hospital in Ohio on Monday left one person with a minor injury and a suspect in police custody, according to a city official. The male suspect was taken into custody Monday afternoon after someone dropped him off at a hospital, Dayton spokesman Bryan Taulbee said. One person suffered a minor leg injury at the Dayton clinic, said Taulbee, who didn't know if the victim was a man or woman.

The suspect is from suburban Dayton, and there were no other shooters involved, Taulbee said. Employees said that at least part of the complex was locked down around the lunch hour on Monday. WDTN showed video of employees leaving the centre while FBI agents went inside.

Four years ago, an Iraq War Army veteran wearing military fatigues fatally shot himself at a monument to soldiers outside the same hospital. The man, Jesse C. Huff, had been a patient there. THE ASSOCIATED PRESS



# Inmate asks for 6 month delay of execution

Oklahoma. Request for stay pending a review of Clayton Lockett incident

Attorneys for an Oklahoma inmate who was scheduled to be put to death the same night as a botched execution asked the Oklahoma Court of Criminal Appeals on Monday to grant a delay for at least six months pending a review into what went wrong last week.

Attorneys for Charles Warner cited last week's execution of Clayton Lockett, who writhed on the gurney and moaned before being pronounced dead of an apparent heart attack 43 minutes after the execution began.

Warner was scheduled to die last week two hours after Lockett, but Gov. Mary Fallin issued a two-week delay pending a thorough inquiry into Lockett's execution.

"Given the Department of

# Drug combination

Last Tuesday was the first time Oklahoma used the sedative midazolam as the first element in its execution drug combination.

 States in the U.S. are finding it more difficult to find execution methods as more drug companies refuse to supply drugs that will be used in executions.

Corrections' recognition that it is in no position to carry out an execution that meets constitutional requirements, an indefinite stay is necessary," said Madeline Cohen, one of Warner's attorneys. "I think six months is the bare minimum that could be contemplated."

Warner was convicted of raping and killing an 11-month-old in 1997. He has maintained his innocence.

THE ASSOCIATED PRESS

# At least 1 killed in wildfire

Myka Burton pours water on a roadside hot spot on Monday in Guthrie, Okla. Firefighters worked Monday to battle a large wildfire in central Oklahoma that destroyed at least six homes and left at least one person dead after a controlled burn spread out of control. NICK OXFORD/THE ASSOCIATED PRESS

## Two killed in crash

# Canadian survey plane located

Colombian authorities said Monday they had located a Canadian-registered aircraft that crashed high in the Andes in northeastern Colombia. Two people aboard, both Canadians, were killed.

Rescue workers struggled over the weekend to reach the twin-engine Piper PA-31 Navajo because of poor visibility at the remote, high-altitude site where it crashed on Saturday.

It was not clear what led to the accident involving the plane, whose registry matched one belonging to Regina-based Oracle Geoscience International, which does aerial surveys for mining companies.

The civil aviation authority identified the victims as Peter Moore and Neville Ribeiro. THE ASSOCIATED PRESS

29,000 workers

# Haiti slightly raises minimum wage

Haiti raised slightly its minimum wage for the estimated 29,000 workers who sew together T-shirts and other clothing in the country's apparel factories.

The new law says the workers will now earn about \$5.11 per eight-hour workday — a 12.5 per cent increase. It falls far short of the equiva-

lent of \$11.36 per workday that protesting garment workers have demanded.

Last year's inflation rate in Haiti was 3.2 per cent.

The U.S.-based Worker Rights Consortium said in an October report that Haitian workers receive an average of 32 per cent less than what they should. An earlier report said that all of Haiti's 24 garment factories failed to pay workers even the minimum wage.

THE ASSOCIATED PRESS



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# Neighbour tells trial he believes Pistorius shot girlfriend in error

# Two-week recess.

Defence tries to regain momentum after prosecutors appear to poke holes in doubleamputee's story

Using witness accounts of a panicked nighttime phone call from Oscar Pistorius begging for help and his desperate pleas for Reeva Steenkamp to stay alive, the defence at his murder trial tried to reinforce its case Monday that the double-amputee Olympian fatally shot his girlfriend in a tragic error of judgment.

Johan Stander and his daughter Carice Viljoen, neighbours and friends of Pistorius, testified that they were at the runner's villa soon after the shooting on Feb. 14, 2013 and that Pistorius was praying, trying to help Steenkamp breathe and urging her to live. The world-



famous disabled runner had shot four times through a toilet cubicle door minutes earlier, hitting Steenkamp in the hip, arm and head. Stander testified that Pistorius phoned him at around 3:19 a.m. — about two minutes after the shooting. Pistorius told him he had

### **Prosecutors' version**

Prosecutors maintain Oscar Pistorius, 27, is lying about the perceived trespasser, and his story is designed to cover up that he killed his girlfriend in the midst of a heated argument.

 The prosecution has focussed on events before the killing — and not Pistorius' demeanour afterward — to try and show that his version is a fabrication.

thought Steenkamp was an intruder and shot her, Stander testified, and Stander and his daughter went to Pistorius' house after the runner pleaded for him to come.

"I saw the truth there that morning" Stander testified, saying he believed the shooting was accidental because of Pistorius' desperation when they found him carrying a bloodied Steenkamp downstairs. THE ASSOCIATED PRESS

# Circus accident. Investigators focus on broken clamp

A carabiner is the only piece of equipment investigators have found that failed in a circus accident in which eight aerial acrobats plummeted to the ground, a public safety official said Monday.

Providence Public Safety Commissioner Steven Pare stopped short of saying the broken carabiner was the cause of Sunday's accident at the Ringling Bros. and Barnum and Bailey circus. He said federal workplace safety investigators were trying to determine why it snapped.

The four- to five-inch steel clamp was one of several pieces at the top of a chandelier-like apparatus that suspended the performers in the air, fire officials said. The clip was found in three pieces on the ground with its spine snapped.

Two of the acrobats were in critical condition Monday. Family members say their injuries included a pierced liver and neck and back fractures.



Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said none of the injuries appear to be life-threatening.

The circus said the women are from the United States, Brazil, Bulgaria and Ukraine.
THE ASSOCIATED PRESS



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# Villagers still digging, hundreds still stranded days after deadly landslide

**Afghanistan.** Search continues for hundreds of victims of a landslide in Abi Barik village

Three days after the earth swept through his village, burying entire houses and hundreds of people, Hashmat Khan is still digging in search of his family.

Standing in a hole he'd dug out that reached over his head, Khan said six members of his family were buried in the horrific landslide that swept over the village of Abi Barik in Badakhshan province.

"We have rescued two injured and taken out two dead bodies, and now we're trying to find two more," he said.

One of the school teachers, Abdul Fatah Zafari, said the villagers have surveyed all the families and believe that around 50 students between ages of six to 15 died in the landslide.

The school building survived. But with what's left of Abi Barik under threat of further landslides and flooding, the surviving children haven't been able to attend school.

Zafari said he understood that helping needy people was the immediate priority but appealed to the government to also think about the school and health clinic.

The landslide was likely triggered by heavy rains that have fallen across northern Afghanistan in recent weeks.

It broke off a massive chunk of earth, burying hundreds of homes. Officials have said it will be impossible to bring up all the bodies, but many villagers have continued digging on their own.

Azizullah, who goes by one name as do many Afghans, said he was working on a construction site when he heard about the landslide and hurried home.

His house was covered with mud but eventually he was able

### Death and destruction

The landslide Friday killed hundreds of people — still no one has an exact number — destroyed 300 homes, and displaced hundreds more families.

- Stranded and with no homes, many of the families have struggled to get aid.
- Some have slept in tents provided by aid groups. The unlucky ones have slept outside

to find his wife and children alive. But his father and one of his brothers are still missing.

"Probably they have died, but still we are looking for them," he said. "Over the past three days we have been digging in the area where we think they might be to find their bodies, but we couldn't find any of them." THE ASSOCIATED PRESS





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metr⊕ **BUSINESS** 

# Target. CEO out in wake of data breach, weak expansion into Canada

Target's CEO has become the first boss of a major corporation to lose his job over a breach of customer data, showing how responsibility for computer security now reaches right to the

Gregg Steinhafel, who was also president and chairman, stepped down nearly five months after Target disclosed a huge pre-Christmas breach in which hackers stole millions of customers' credit- and debitcard records. The theft badly damaged the store chain's reputation and profits.

Steinhafel, a 35-year veteran of the company and chief executive since 2008, also resigned from the board of directors, Target announced Monday.

Target is also grappling with a disappointing expansion into Canada, its first foray outside the U.S. THE ASSOCIATED PRESS





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## Only in the U.S.

# #dangerousidea: Just tweet to make Amazon purchase

Amazon wants to make shopping online as easy as a tweet.

The online retailer is introducing a service, only in the U.S. to start, that lets Twitter users add Amazon.com products to their carts without leaving the social media site.

The service comes as Amazon seeks to make social media a bigger source for sales. THE ASSOCIATED PRESS

## Medical marijuana

# Tweed Marijuana ships out drugs to **Canadian clients**

Tweed Marijuana, Canada's first publicly traded medical marijuana company, says it has shipped its first orders of the drug to clients.

Tweed started trading on the Toronto Venture Exchange last month and has a market capitalization of more than \$113 million. THE CANADIAN PRESS

## Death of the mailman

# Canada Post Corp. reports \$29M loss for 2013

Canada Post Corp. lost \$29 million last year, compared with a loss of \$83 million in 2012, helped by the sale of its plant in downtown Vancouver.

Revenue for the Crown corporation, which includes the Canada Post mail and parcel delivery segment, along with majority-owned subsidiaries Purolator, SCI Group and Innovapost, totalled \$7.56 billion in sales compared with a loss of \$83 million on \$7.52 billion in sales in 2012. THE CANADIAN PRESS

# Google hits play on music streaming service for Canadians

## Music to our ears.

Google Play Music fills the void for Canucks still waiting for Spotify and Pandora to come here

Google is stepping into the streaming music game in Canada with the launch of Google Play Music, the latest in a growing number of services that could change how Canadians listen to their favourite songs.

The company announced Monday that its all-access subscription service would be the centrepiece for a broader digital music service that offers music on mobile phones, tablets and personal computers.

Aside from streaming, users can also buy tracks for their personal collections, quite similar to Apple's iTunes store.

Google's streaming service

is one of the most extensive offerings available to Canadians yet, and a highlight of the technology giant's launch into selling music in Canada.

Google Play Music users will have streaming access to 25 million songs, which the company says is several million more tracks than its U.S. users can access. The cost is \$9.99 per month, after an introductory

The rollout will be available for phones and tablets on both the Android operating system and Apple's iOS devices.

The Canadian version will cater to local tastes, which includes a selection of Francophone music and a playlist that showcases this year's Juno Award winners.

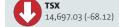
The presence of legal ondemand streaming music has been limited in Canada.

Last year, free streaming music service Songza opened

an office in Toronto with the goal of getting a head start against its competitors like Spotify and Pandora, two popular international streaming services that aren't yet available in Canada. THE CANADIAN PRESS

## Market Minute







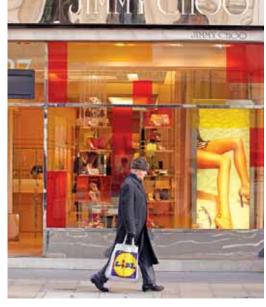


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# **Luxury brands** flock to Great White North

A man walks past the Jimmy Choo shop in London, U.K. Two renowned luxury brands -Jimmy Choo and Versace — are launching their first stand-alone boutiques in Canada later this year. The shops are slated to open in Toronto. They join several other high-profile retailers and brands that have opened bricks-and-mortar locations in Canada over the past several years, including Microsoft. Ann Taylor, Loft, J. Crew and Target. Nordstrom will be following suit this fall with the opening of its first store in Calgary. OLI SCARFF/GETTY IMAGES FILE



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metronews.ca Tuesday, May 6, 2014 **VOICES** 

# DRAKE DOESN'T ALWAYS KNOW BEST

It's incredibly easy for us to make new digital connections — you can acquire hundreds of online friends in minutes just by pressing a handful of buttons — but how much energy are you investing in working on your real-life social networks?

Friendships play a crucial role in our lives. Science has shown time and time again that maintaining close ties with our fellow human beings provides us with a wide variety of mental, emotional and physical benefits. One study even suggests that being lonely or having weak social bonds is a health risk comparable to smoking up to 15 cigarettes a day or being an alcoholic.

If platonic pals are beneficial for the mind, body and soul, reason would suggest that we try to accumulate as many as possible. However, evolutionary anthropologist Robin Dunbar argues that the cognitive limitations of our brains also impose limits on our ability to sustain stable so-



**Jessica Napier** 

cial connections. You might have amassed hundreds of Facebook buddies, but humans can actually only comfortably maintain about an average of 150 genuine relationships. That number might be even lower for us technology obsessed, socially stunted Millennials.

So while TV sitcoms would have us believe we'll spend our whole lives hanging out with the same handful of people at the same bar year after year after year, real life doesn't work like that. If our brains can only handle a finite number of contacts, it's practical to audit your social circle every once in a while, online and in real life, to evaluate how and with whom you're spending your time.

As we get older, our interests and values inevitably change and we naturally begin to drift away from certain people. Drake might rap about having a No New Friends policy, but we do ourselves and the people around us a disservice by holding onto old friendships at the expense of

## Don't make it The Motto

Drake might rap about having a No New Friends policy, but we do ourselves and the people around us a disservice by holding on to old friendships at the expense of making new ones.

I'm not suggesting that you should start eliminating old friends from your life like you're picking off contestants on a reality show. There is something very special about deeprooted relationships; those BFFs who have known and loved you at your best and your worst, through bad breakups and even worse wardrobe choices.

But recognizing when you've outgrown certain individuals you have nothing in common with anymore can help you create some room in your brain and in your life for a few new friends.

# **ZOOM**

# **Manufacturing tradition**



d <u>as characters from The Wizard of Oz rol</u>l wooden 'cheese' during the Stilton Village Festiva rolling competition on May 6 in Stilton, England. Local people are currently involved in a campaign to bring cheesemaking back to the village. The cheese is currently made in the counties of Nottinghamshire, e and Derbyshire. PETER MACDIARMID/GETTY IMAGES

# **How this cheesy** village rolls

An annual tradition invented about 50 years ago to revitalize local businesses attracted about 2,000 people to the Cambridgeshire village of Stilton in the U.K. this year.

The cheese-rolling competition takes place every May Day Bank Holiday Monday in Stilton — the village which gave the cheese its name. Teams roll wooden blocks resembling cheese through the streets. BBC.COM

# 'Ancient tradition' cooked up by locals

Cheese rolling was invented by two pub landlords who told villagers it was "an ancient tradition" in order to encourage them and others to take part.

Blocks of wood have to be used, because an actual block of cheese would not survive being rolled along the main road. The "cheese" is a block cut from an old telegraph pole and painted to look like the blue-veined

# Road takes its toll

- · The event was originally dreamt up to encourage visitors after the village was bypassed by the A1 in 1959.
- The village, on the old Great North Road between Huntingdon and Peterborough, got rid of its traffic jams when the bypass was built, but the High Street and North Street lost passing trade as a result.

## METRO AUGMENTED REALITY

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## MetroTube

# **Call your local** councillor



As part of Bristol, England's Make Sunday Special campaign, streets are set up for pedestrianfriendly activities like dancing, yoga classes, concerts and art crawls.

All laudable. But, even with the schedule reaching into fall, it'll be hard to top artist Luke Jerram's Park And Slide: a 300foot, slip-and-slide soap show that drew more than 96,000 people to a lottery deciding who would be among the lucky 360 to belly their way down Park Street. As for us in Canada, there's plenty of summer left for letter campaigns to city halls.



(Via Cinematic Media on Vimeo)



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# Showgirls: The good, the bad and the ugly

**Panned but not** forgotten. Film critic Adam Nayman explores the cult success of Showgirls

**PRIGGE** 

When it came out, Showgirls was a punching bag. It still is — it's just that now people actually enjoy hating it. It's become a bad cinema classic. But a wave of supporters, including J. Hoberman, Jim Jarmusch and Jacques Rivette, argue that it's a self-aware satire along the lines of director Paul Verhoeven's other work, including RoboCop and Starship Troopers. To this posse, add the critic, scholar and Metro writer Adam Nayman, whose book It Doesn't Suck: Showgirls makes a convincing and enjoyable case for its sneaky and subversive craft.

## Did you always feel this way about Showgirls?

I saw it in theatres when it came out. I had to sneak in. The reason I wanted to see it at 14 was I wanted to see why it got zero stars from The Globe and Mail. I was interested in why people thought it was so bad. That probably had something to do with how I watched it the first time: Instead of being skeptical of the movie, I was skeptical of the negativity. Even though I liked it as a teenager,



because I thought it was funny and outrageous, it wasn't until I got a little older and a little more well-versed with Verhoeven that I thought it could support a book.

The path of this movie from punchline to video hit is rather extraordinary. One of the things I'm trying to get across in this is not that Showgirls is a great movie, but to explore what can account in 20 years for that kind of turn.

You couldn't find a film critic in 1995 who would give this movie the time of day. And now whether it's for ironic reasons or if people are recognizing the artistry in it, you'd be hard-pressed to find someone who doesn't

One of the questions raised by its viewers is whether Verhoeven and/or writer Joe Eszterhas knew

it doesn't suck. showgirls adam nayman

## what they were doing.

I would argue that they knew what they were doing. I know Elizabeth Berkley is a tough element to reconcile. I saw it recently, and people who had never seen it before were saying they didn't think she was that bad. That was a revelation to me — that there were people who were seeing Showgirls for the first time and they didn't even think the one seemingly obvious bad thing about it was very bad at all.

## Where do you stand?

I wish I'd read more things about Showgirls that said what I think about it, which is that it's well-crafted and some of that craft is persuasive, and then it clashes with how craven some of the dialogue and some of the characters are. To me that would be a more valid critical observation.

Instead, you just read review after review of people saying how inept it is and comparing it craft-wise and style-wise to Valley of the Dolls. That's when you realize these people weren't really trying. Or if they were trying, they're just not very good at their jobs.



## Veronica Mars

Director. Rob Thomas

Stars. Kristen Bell, Jason Dohring, Enrico Colantoni

The big-screen version of the cult TV series about a teen detective (Kristen Bell) is a homecoming designed to check off all the boxes for the many who wrote the Kickstarter cheques to make it happen.

Newcomers may find themselves mystified by the show's appeal. The movie looks and unfolds more like a pilot for the cancelled fourth Veronica Mars TV season, rather than a rebuilding of the franchise.

Reprising her title role as the teen sleuth in shady beach burgh Neptune, Calif., Bell brings us briskly up to date, highlighting past events that included her volatile romance with town stud Logan (Jason Dohring).

Ardent fans don't need the back story, to which series creator and writer Rob Thomas remains all too faithful as he makes his feature directing debut.

Veronica has supposedly moved on from Neptune (she's now an honours law grad with a job in New York), but the movie is like pressing "play" on a PVR, for a story laden with shout-outs but short on substance.

Extras include deleted scenes and making-of featurettes.

PETER HOWELL



"One of the things I'm trying to get across in this is not that Showqirls is a great movie, but to explore what can account in 20 years for that kind of turn." Adam Nayman, author of It Doesn't Suck: Showgirls



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metronews.ca Tuesday, May 6, 2014 metr⊕ 24 DISH



# X-Men director accused of sexually assaulting a second teen boy

A second man has come forward accusing X-Men: Days of Future Past director Bryan Singer of sexual assault.

The British man, referred to as John Doe #117, is represented by Jeff Herman, the same lawyer as the first accuser, Michael Egan. Doe claims he was introduced to Singer at the U.K. premiere party for Superman Returns

when he was 17 years old. His complaint claims that Singer offered him drugs, and later grabbed him in a sexual manner and asked him to perform sex acts, according to The Daily Beast. After he refused, he says, a "large, musclebound man" hit him.

Singer's lawyer, Marty Singer, maintained that the accusations are false.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

TWITTER

The Word

# How many celeb doppelgängers does blonde Levine have?

When Pretty McPretty boy Adam Levine tweeted out this photo of his new hairstyle along with his pillow-lipped fiancée, Behati Prinsloo) on Saturday, everyone got pretty mad that he would go ahead and ruin that pretty face of his. So mad that "Adam Levine" started trending. However, the Maroon 5 singer took it all in stride. "I hope people understand that when they say my hair looks creepy, I take that as the highest compliment," he wrote about the hairy



However, Levine must know that he now looks like a certain ... someone. Maybe even a few someones? We compiled the women - and man — he now resembles. Anyone we're missing? Write to scene@metronews.ca to let









# Kute kouple Kimye get wedding licence

Kanye West and Kim Kardashian are well on their way to wedded bliss. They have the multi-million dollar home, they have the baby and now they have the papers.

Life & Style is reporting the power duo are officially married on paper, after a source told the magazine they got their licence in California. Although they could just be teasing us, since they've got 90 days to get hitched in the county in which they received their marriage licence.

In any case, the spectacle isn't off: Sources say plans are still on for their huge Paris wedding this month.



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# 900 800 Canadians Own Property in Ecuador!

# WHY?

"Because we can!" responds William Burgel, who recently purchased one of the 1600 home sites from the Canadian company HolaEcuador. "With prices like that we can finally afford a property in the south."

"Prices start at \$17,000 for a lot and \$55,000 for a nice little beach house. For \$120,000 you can own a luxurious home that would easily cost \$300,000 or more in Canada."

"It's an ecological Canadian project, with all the amenities included. Electrical, water and sewage, internet, on-site security, pools, parks, tennis courts, and more — they really thought of everything," he adds, visibly proud of his acquisition



One of the beautiful homes being built by HolaEcuador

But perhaps most attractive for property owners: the ocean! The project is situated on one of the 3 most beautiful beaches of Ecuador, directly in front of the 'Mini Galapagos' island in the Machalilla National Park.

The owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean — and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location," says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

# ECUADOR?

"Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago," affirms Mr. Poole.

Ecuador has more than just beautiful beaches — it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

All of this to offer, and with incredible infrastructure to boot. Gorgeous new highways (without potholes!), high-end, accessible healthcare, a secure and safe environment and an extremely low cost of living. In fact, Ecuador has the lowest cost of living in all of the Americas! A taxi in town costs only \$1 and a daily lunch special in a seaside restaurant is rarely over \$3.



From June through October 12,000 humpback whales come to play in the warm and safe waters directly in front of HolaEcuador's beachfront development.

# HOW TO BECOME A PROPERTY OWNER?

"It's very simple," says Mr. Rochefort. "I saw an advertisement for an informational session in Metro News, I reserved a spot and I attended. The developers themselves were present and gave us all the information we needed. After the session, I requested a follow-up meeting with one of the HolaEcuador sales representatives at their office in Hull and a few weeks later I was the proud owner of my piece of paradise! In a couple of years I'll be building my dream home with HolaEcuador."

Goodbye snow, hello Pacific!



# Free informational seminars

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# Gettin' swishy with it

Oil pulling. Does this Ayurvedic detox technique actually work, or is it just a load of hogwash?

### ROMINA MCGUINNESS

Metro World News in London

Oil pulling — an ancient Ayurvedic ritual whereby unrefined oil is swished in the mouth for 10 to 20 minutes a day — is thought to improve oral health and reduce toxic inflammation in the body. Two experts talk us through the mechanics and potential benefits of this holistic, and pretty harmless, technique.

# It's a detox trick that's not expensive or difficult

According to L.A.-based neurologist and Ayurveda expert Dr. Kulreet Chaudhary, this is all you need to do: Wake up and either brush or floss your teeth. Now take one tablespoon of vegetable oil (or simply half fill the mouth) and slowly start to swirl it around, pulling it through your teeth. The idea is that you're not gargling it, but actively swishing it in your mouth. Do this for 10 to 20 minutes and then spit out the oil (do not swallow it as it now contains toxins), and brush your teeth again.

"The theory behind this practice is that saliva is one of the conduits for toxins throughout your body. This is because the salivary glands are able to pull toxins out of the bloodstream and store them there at a higher concentration," she tells Metro.

"What oil pulling does is it increases the secretion of saliva and extrapolates some of the toxins that have been sucked into the glands by trap-



Coconut is renowned for its antibacterial properties, so coconut oil is a popular choice for oil pulling. ISTOCK

ping them inside the oil."

## Cure-all for almost everything

According to Chaudhary, oil pulling is one of the cheapest, and fastest, ways of getting rid of a mild dental disease.

"When done daily, oil pulling can help cure conditions such as tartar build-up, bad breath and gingivitis within weeks," says Chaudhary. But she says it goes way beyond oral hygiene.

"The mouth is kind of a measuring stick in terms of inflammation for the rest of the body.

"If I have a patient suffering from heavy metal poisoning, migraines or rheumatoid arthritis, this is one the tools I use to help detox their entire body," she adds.

## The best oil of them all?

"In Ayurvedic medicine, sesame oil is believed to be a complete oil: one that suits all body types and constitutions. It also contains high amounts of vitamin C, which can help heal wounds and strengthen the immune system," says Dr. Deepa Apté, an Ayurvedic practitioner

He says sesame oil's ability to permeate the cell membranes make it ideal for oil pulling. That said, make sure you're not using an oil you're allergic to; sunflower or coconut work just sus well

"Coconut is renowned for its antibacterial properties and is a good option for people suffering from inflammation in the body — the root cause of most diseases and internal imbalances," says Chaudhary.

### Your face is getting action

The contracting-relaxing motion engages your facial muscles in a mini-workout. "When done regularly, oil pulling helps increase blood circulation to the face and reduces the appearance of fine lines and dark circles," says Apté.

# Natural — not miracle — cure

"There's this misconception. People are like, 'I'm still going to eat my doughnut, drink my Coke and stay up all night — but I'll do oil pulling.' It's something we do to balance the body, but it doesn't erase a bad habit," warns Chaudhary. "It gets a little misleading to say it will cure your acne or fix your teeth because it's never given in isolation; it's part of a toolbox for controlling a condition."

For your phone

# My Incredible Body (iPad, iPhone; \$2.99)



MIND THE APP Kris Abel @RealKrisAbel

This 3D atlas of the human body offers narrated flythroughs and interactive activities that demonstrate how major body functions and senses work. An excellent resource for parents and curious kids.



Half-Off

Now that spring has sprung, Elisha has recommitted to her Half-Off goal and put more exercise at the top of the list. With intentions to ride her bike to work every day, would a fluke spring snowstorm finally be the event that derailed her? Visit metronews.ca/voices/



# Choose one: A) Fees B) No fees





# **Health Solutions**

# Spoons and forks are sooo last season



**NUTRI-BITES** DHN. RNCP

This season it is all about handheld food.

The days of the dog being the only thing eaten on city streets and at cookouts is

More gourmet foods are hitting the pavement and one of the best examples of that can be found at Kanga, Toronto's first Aussie meat pie shop.

Intended to be enjoyed Down Under style with all the ease and swagger of an Australian treat, Aussies get cheeky with nontraditional fillings like butter chicken and pulled pork.

Co-owners Megan Chan and Erynn Maynes say, "Aussie meat pies are saucier than your average pie, topped with flakey puff pastry, and are intended to be eaten with one hand only. The other is strictly reserved for the beverage of your choice!"

Go handheld with these other ideas this summer:

- Sushi hand rolls
- Tacos are still all the rage
- Pulled pork in lettuce wraps
- Jumbo samosas
- Empanadas
- Tamales

Remember that the sides and dressings can make or break your calorie count. Mustard and hot sauce, yes! Mayo and anything deep fried, no.

And always, always fill up with a salad. THERESA ALBERT IS A FOOD COM-MUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TO-RONTO, SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



# Burgers and pizza, there's a new handheld kid on the block

## **Aussie Meat Pie.**

These savoury filled pastries are perfect for those days when you don't have time to slow down

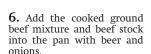
- 1. Preheat your electric pie maker, grilled cheese maker or waffle maker.
- 2. On medium heat, fry the onion in the oil and butter till soft. Add garlic and thyme.
- **3.** Sprinkle the flour in the



From your fridge to your table in 30 minutes or less

pan and fry until a light golden colour (about 1 minute).

- 4. Pour in the beer and incorporate with the flour, and the mixture will thicken. Allow the beer to reduce for 3-4 minutes.
- **5.** In a separate frying pan, fry ground beef and drain off fat. Add in tomato paste.



This recipe makes two pies. THERESA

- 7. Season with salt and pepper to taste and set aside,
- **8.** Line pie maker, grilled cheese maker or waffle

maker with pastry, spoon in filling (usually about 1/3 of a cup). Allow to cook according to appliance instructions, usually about 8 minutes.

**9.** Enjoy with ketchup — or "tomato sauce" as the Aussies call it! Cheers, mate!

COURTESY ERYNN MAYNES, CO-OWNER KANGA

- 1/2 medium onion
- 1 tbsp butter + 1 tbsp oil
- 1 clove garlic, minced • 1/2 tsp dried thyme leaves
- 1 tbsp flour
- 3/4 cup dark beer
- 1 lb lean ground beef
- 2 tbsp tomato paste
- 1 cup beef stock
- Salt and pepper to taste
- Ketchup to taste
- Two sheets of butter puff pastry (1 pkg)

# FORWARDTOGETHER

Share your ideas to inspire the future Calgary Public Library at free, fun, family-friendly interactive events. Drop by anytime between the times listed.

# Everyone is welcome!

# Wednesday, May 7

# **Central Library** 616 Macleod Trail SE 11 a.m. – 2 p.m.

**Westbrook Mall** 1200 37 St SW 5:30 p.m. – 8:30 p.m.

# Thursday, May 8

# The CORE Shopping Centre 324 8 Ave SW 11 a.m. – 2 p.m.

# **Nose Hill Library** 1530 Northmount Dr NW 5:30 p.m. – 8:30 p.m.

# Friday, May 9

# **South Fish Creek Complex** #100, 333 Shawville Blvd SE 5:30 p.m. – 8:30 p.m.

# Saturday, May 10

# **Genesis Centre** 7555 Falconridge Blvd NE 1 p.m. – 4 p.m.

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KAIZENAUT

metronews.ca Tuesday, May 6, 2014 **SPORTS** 

## Concussions

# Some NFL retirees say settlement doesn't cover 'residual' problems

The proposed \$765-million settlement of NFL concussion claims came under attack again Monday, this time from retirees who said they would get "nothing at all" for nagging health problems that limit their function.

Seven former players filed a motion to intervene in the court case pending in Philadelphia, which aims to settle thousands of claims through a grid-like formula that reaches \$5 million for younger retirees with Alzheimer's disease.

The latest objections come from men who can perhaps still work, but say they still suffer from headaches, personality changes, trouble multi-tasking and other side effects they link to concussions suffered while playing in the league. THE ASSOCIATED PRESS

## NBA playoffs

# Wizards draw first blood vs. Pacers

Bradley Beal scored 14 of his 25 points in the fourth quarter and Trevor Ariza added 22 on Monday night, leading Washington past top-seeded Indiana 102-96 for a 1-0 lead in the Eastern Conference semifinals.

The Wizards won a second-round game for the first time since 1982 and are 4-0 on the road in this year's playoffs. They ended a 12-game losing streak at Indiana that dated to April

Game 2 is Wednesday night at Indiana.

THE ASSOCIATED PRESS



# Kings put the squeeze on Ducks to grow series lead to 2-0

Rvan Getzlaf of the Anaheim Ducks skates to the front of the net between Drew Doughty (8)and Dustin Brown of the Los Angeles Kings during the first period in Game 2 of their second-round playoff game Monday in Anaheim, Calif. The Kings won 3-1 to take a 2-0 series lead. Go to metronews.ca for more coverage.

HARRY HOW/GETTY IMAGES

# Sid ends scoring skid in shutout win

NHL playoffs. Rangers blanked again, playing 5th game in 7 days

Sidney Crosby scored his first goal of these playoffs and Marc-Andre Fleury earned his second shutout of the New York Rangers in two nights as the Pittsburgh Penguins regained home-ice advantage with a 2-0 victory in Game 3 on Monday night.

Crosby snapped a 13-game goal drought in the playoffs to give the Penguins the lead in

the second period, and Jussi Jokinen added a breakaway goal. Fleury stopped 35 shots to back up his 22-save effort Sunday in a 3-0 win in Pittsburgh. He has eight career post-season shutouts and 51

The Penguins, who lost the opener in overtime, lead the Eastern Conference semifinal series 2-1. Game 4 is Wednesday in New York.

Henrik Lundqvist made 13 saves for the weary Rangers, who played for the fifth time in seven days. They have consecutive losses in these playoffs for the first time.

The tide turned in Pittsburgh's favour in the second period for the third straight

Crosby beat Lundqvist between the pads to score his 41st career playoff goal. THE ASSOCIATED PRESS

dney Crosby of the Pittsburgh

Penguins celebrates a second period goal with teammate Chris



metronews.ca Tuesday, May 6, 2014

## UFC

# **Rousey rips TUF**

A recent impromptu brawl between rival coaches Chael Sonnen and Wanderlei Silva on the TV set of The Ultimate Fighter: Brazil had MMA fans rushing to find the video.

Not UFC women's bantamweight champion Ronda Rousey, who was a coach on Season 18. "They don't know the first thing about fight-



said.
"They
treated us
like we
were Real
Housewives
of Atlanta
and not elite
athletes that

ing," she

should be respected.'

NBA

# Carter-Williams named top rookie

Michael Carter-Williams has something to show for being a bright spot in a dismal season for the Philadelphia 76ers.

Carter-Williams won the NBA's Rookie of the Year Award on Monday after becoming only the third player since 1950-51 to lead all rookies



GETTY IMAGES

in scoring (16.7), rebounding (6.3) and assists (6.2). Oscar Robertson (1960-61) and Alvan Adams (1975-76) were the

others. THE ASSOCIATED PRESS

NBA

# LBJ supports Durant being named MVP

LeBron James of the Miami Heat says Oklahoma City's Kevin Durant would be a deserving winner of the NBA MVP award.

It's expected that Durant will be announced as this season's MVP later this week. James has lauded Durant's play this season several times



in recent weeks, doing so again on Monday. James

James says: "Much respect to him and he deserves it. He had a big-

time MVP season."
THE ASSOCIATED PRESS

# Canada riding high ahead of Commonwealth Games

Rugby. History was made on weekend when Canucks reached final of a Sevens World Series competition

The Canadian seven rugby side flew out of Glasgow on Monday having made history there by reaching the final at an HSBC Sevens World Series stop for the first time.

Next time the Canadian men are in Scotland, Commonwealth Games medals will be on the line.

It was a banner weekend for the Canadians at the Glasgow Sevens. They won their preliminary pool Saturday, defeating Japan and France and tying England. Canada then defeated Kenya 14-5 in the quarter-final and Scotland 10-7 in the semifinal before going down 54-7 at the hands of powerful New Zealand in the final.

The lopsided loss made

# Rugby powerhouse

New Zealand has never lost at the Commonwealth Games, winning gold every time. The All Blacks are also defending World Series champions and have won four of eight stops on the circuit this season while finishing runner-up twice.

for a strange "bit of an empty feeling" Sunday that was undeserved, said head coach Geraint John.

"We shouldn't have had that, really," he said Monday before heading to London. "Because to get to the final in the (World) Series for the very first time, it's a pretty outstanding achievement by everyone.

"I think today everybody's feeling a little bit better."

Canada will be up in Scotland soon enough, facing familiar foes at the Commonwealth Games, which run July 23 to Aug. 3. It has been put in

Pool A with defending champion New Zealand, Scotland and Nigeria.

Pool B consists of South Africa, Kenya, Cook Islands, and Trinidad and Tobago. Pool C features Samoa, Wales, Papua New Guinea and Malaysia. Pool D is made up of England, Australia, Sri Lanka and Uganda.

The top two from each group advance.

The competition will take place before a sellout crowd at Ibrox Stadium, home to Glasgow Rangers soccer club

gow Rangers soccer club.

John said Sunday's final
was an emotional experience,
hearing the Canadian anthem
before the game for the first
time.

Canadians Phil Mack and John Moonlight were both named to the Glasgow tournament's all-star or Dream Team. Conor Trainor, meanwhile, turned heads with a circus-like try against France when he got his boot to a low pass in mid-flight and managed to tap it into his hands before sprinting over the line. THE CANADIAN PRESS





# See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

# $\Upsilon$ Aries

March 21 - April 20

You will get what you desire today but you will have to pay a price for it. The planets will reward you for your hard work but they will also ask you to sacrifice something you may not want to give up.

# **Taurus** April 21 - May 21

The Sun's link to Jupiter will give your confidence a much-needed boost today but you may still have to learn that in order to get some you also have to give some.

# II Gemini May 22 - June 21

You will be in one of your more impulsive moods today. Try not to spend money on things you don't need unless you know you can afford it — and unless you have won the lottery you know full well you cannot.

# **9** Cancer

June 22 - July 23

You will be called upon to help someone in need and no matter how busy you might be with your own tasks and chores you must come to their aid.

# $\Omega$ Leo

July 24 - Aug. 23

The planets warn that you may have deviated from your blueprint by a small amount, so maybe you should stand back from what you are working on and make sure it is still going according to plan.

# **W** Virgo Aug. 24 - Sept. 23

will be a success.

It's time to get working on something of a creative nature that you have been thinking about for quite some time. It will take a great deal of effort, both physical and mental, but it

# **△** Libra

Sept. 24 - Oct. 23

Don't try to force others to do your bidding today because they will make such an emotional scene that even you will be embarrassed.

# M Scorpio

Oct. 24 - Nov. 22

Someone you encounter on your travels will turn out to be a very important contact, both personally and professionally. Make an effort to get out and about and meet people.

# Sagittarius Nov. 23 - Dec. 21

If others won't give you what you deserve then you will just have to take it for yourself. You have worked long and hard to reach your current position and have no intention of letting

# り Capricorn Dec. 22 - Jan. 20

others take the glory.

You may be eager for success but don't forget the many responsibilities that go with it. Remember, once you have committed to something, once you have signed on the line.

# 

Jan. 21 - Feb. 19

Something is holding you back, something is stopping you from reaching your true potential. According to the planets it could be your own self-doubt that is preventing you from pushing ahead.

# ) Pisces

Feb. 20 - March 20

Keep your long-term goals at the forefront of your mind and don't let anyone put you off your quest. So-called friends will come up with all sorts of reasons why you should think again. Be true to your instincts. SALLY BROMPTON

## **Crossword: Canada Across and Down**

### Across

- 1. Sort 5. Dither
- 9. Frigid
- 14. Currency exchange fee
- 15. Jumble
- 16. France: Winery
- river valley
- 17. Canvas sneakers brand
- 18. Annual overseas song contest currently underway in Copen-
- hagen 20." be better if..."
- 21. Gallery piece
- 22. Movie genre, -com
- 23. Sedately
- 25. Southern Ontario city; or, ABBA song
- which was the #18-Across winner
- in 1974 30. Toronto-born
- jazz singer, \_\_-Claire Barlow
- 32. The Band's "\_\_\_
- Be Released"
- 33. Hurt 35. Mr. Griffin
- 37. 'Chant' suffix
- 38. Mailing encl.
- 39. Champion
- 41. Moray
- 43. Finished with
- work [abbr.]
- 44. British streetcar 46. 'Problem' suffix 48. Kimberly Stewart's
- mom 50. Country singer

# Jason

- 52. Impaler's weapons 54. Toronto Blues Jays
- sport 56. Degrees
- 59. Poet's 'not closed'
- 60. Mr. Craven
- 61. Bottle's 'lid'
- 62. Biosphere Reserve
- region of Quebec 67. Volcanic shape
- 68. Beach item 69. Against
- 70. Russian river
- 71. Ms. Blair 72. Egg masses
- 73. Alter

### Down (Colorado 1. Joe

- Avalanche executive born in Burnaby, BC)
- 2. Songbook stan-
- dard: "\_ of You" \_\_\_ Kick Out
- 3. Spring's curly-
- topped shoots 4. Froms opposites
- 5. Ms. Crow
- 6. Seagoing, shortly
- 7. Galilee's locale
- [abbr.]
- 8. Ms. Birch 9. Juno-winning
- Boucher 10. Uncertain utter
  - ances 11. Law: French
  - 12. Ancient veil-giver

musician aka Claire

- 13. Study
- 19. Certain candle
- 21. Actress Ms. Valli 24. French 'Mrs.'
- 25. Diminutive

- 26. Scoreboard letters over '0 0 0' at the start of a game of #54-Across
- 27. War of 1812 heroine, b.1775 - d.1868: 2 wds.
- 28. Clark Kent's coworker Jimmy 29. "Get Here" by
- Adams 31. "How \_ \_\_ Your
- Mother" 33. Take \_ at (At-
- tempt) 34. "Cheers" barmaid
- 36. Prefix with 'angle 40. Toasty tray tidbit
- 42. The Great 45. Michie \_\_\_, Can-
- adian rapper 47. PEI part [abbr.]
- 49. After-Exodus bk. 51. Ancient cloak
- 53. Tony-winning
- Canadian actress
- Ms. Smith (b.1921 d.1993)
- 55. Mr. Burton
- 57. Hawaiian island
- 58. Wheat type
- 60. \_\_-Out (Bic product)
- 62. Li'l dollar parts 63. Gardener's tool 64. Hole-punching
- tool 65. Ad \_\_ (Relevant)
- 66. "Thou, too, sail Ship of State!"
- Lonafellow 67. Pool stick



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e day is the best part of

# Sudoku

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2	4	1	3	9	7	6	8	5
6	8	7	1	4	.5	0	2	3
3	9	5	8	6	2	4	1	7
1	2	6	9	5	3	7	4	8
4	3	9	7	2	8	1	5	6
5	7	.0	6	1	4	2	3	9
7	1	2	5	3	6	8	9	4
9	6	3	4	8	1	5	7	2
8	5	4	2	7	9	3	6	1

2			9		6	
6				5	9	3
		8			4	
	6	9		3	7	8
5	8	6		4	2	
	2			6		
9	3	4				2
	4		7			1

TODAY

MAX: 2°

MIN: -2

MIN: -5

WEDNESDAY

:45

THURSDAY

o" WFFKDAYS 6 AM

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Market Mall

North Hill Centre

### Southeast

Chinook Centre

Deerfoot Meadows

Shepard Centre

Southcentre Mall

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4410 50th Ave. SE 4825 Macleod Trail S

6039 Centre St. S

6100 Macleod Trail S

7845 Flint Rd. SE

### Southwest

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Bow Valley Square

The Core

Shawnessy Shopping Centre

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Westhills Town Centre

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2008 33rd Ave. SW

4623 Bow Trail SW

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# Cochrane

201 Grand Blvd. W

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118 Elizabeth St.

# Rocky View County

CrossIron Mills

## Strathmore

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